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Celebrity Buzz

Lohan to be locked out of India? pg 18

U.S. House passes historic health-care bill

WASHINGTON Capping a long day and a consuming political journey, U.S. President Barack Obama celebrated the passage of health-care legislation yesterday with hugs, high fives and an emboldened attitude.

Obama's $940-billion US legislation was finally passed by the House of Representatives last night after a divisive year-long national debate.

An estimated 50 million Americans lack health insurance. THE ASSOCIATED PRESS COVERAGE, PAGE 7

JONATHAN HAYWARD/THE CANADIAN PRESS

North Vancouver's Lauren Woolstencroft carries the Canadian flag during the closing ceremonies of the 2010 Paralympic Winter Games last evening in Whistler. More coverage, page 13.

'Canada's Games are over'

Olympics, Paralympics better than hoped for, says VANOC CEO

GREG DOWNS
for Metro Vancouver

PARALYMPIC 2010Games

Better than we ever thought — and maybe even a surplus — were the messages VANOC had for Canadians at the closing of the 2010 Paralympic Winter Games last night.

"The era has been a good success," VANOC CEO John Furlong told reporters.

"I don't think any of us thought going into the Games, it would be quite the success it was, and the goal of trying to touch every Canadian life has been achieved."

Canada owned the top spot on the podium during the Olympics, winning a record 14 gold medals, and finished third in the Paralympics with 10 gold medals — the country's best showing.

Deputy CEO Dave Cobb echoed Furlong's sentiments adding that ticket and merchandise sales also exceeded expectations at both the Olympics and Paralympics.

And while the Games are over, Furlong said he hopes the legacy will be that sport will be forever in Canada's national interest. A balanced budget would help achieve that.

"I think we will have a surplus," he said. "We're very confident we will be (below the budget) and any surplus goes back into sports."

He added that balancing the budget will require the extraordinary payment from the International Olympic Committee, which offered to help when the poor economy limited sponsorships.

Since winning the bid to host the Olympics and Paralympics seven years ago, Canada finally ended its time in the international spotlight last night.

"Canada's Games are over — we did it!" Furlong said at the closing ceremonies.

"If we have had success, it was because all 33 million Canadians for an instant became loyal trusted teammates. We were 'Team Canada — Equipe Canada' — not the few but the many. We did this together — all of us living every moment and all the drama like we ourselves were the athletes." WITH FILES FROM THE CANADIAN PRESS

Second body found on Victoria hiking trail

INVESTIGATION A second body in less than two days was discovered along Victoria's popular Galloping Goose Trail yesterday morning.

Media reports said the body of a middle-aged man was found before 8 a.m. on a trail along the Colquitz River in Saanich, north of Victoria.

It is the second body discovered in less than 48 hours.

Just before 8 p.m. on Friday, the body of a young woman was found along the Galloping Goose Trail in Colwood, about 10 kilometres east of Victoria.

It is not known if the two deaths are connected.

The Galloping Goose, a popular hiking and biking trial, is built on a decommissioned railway line and runs 55 kilometres from Sooke to Sidney.

The section between Atkins Avenue and Wale Road in Colwood remained closed for the police investigation.

RCMP have ruled the woman's death a homicide, but have not said how she died, nor have they publicly released her identity.

In a press release Saturday, RCMP Insp. Mark Fisher said the person, or persons, responsible for the woman's death was still at large. JEFF HODSON/METRO VANCOUVER

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Going Green pg 10

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Local

Zoo opens new eagle habitat

A new habitat for injured eagles that have lost the ability to survive in the wild opened at The Greater Vancouver Zoo over the weekend. It currently houses two bald eagles, but has room for four. The resident rescued bald eagle, Meredith, left, came to the zoo after being struck by a truck. METRO VANCOUVER

News in brief

VIDEO Vancouver police are releasing a surveillance video in the hope that it will generate more leads for the investigation of a homeless man's death. The video, captured in the early hours of March 7, shows 55-year-old Thomas Sawyer walking into the lane behind 928 Richards St. and an SUV exiting the lane one minute later.

WARNING Vancouver police are warning the public about two recent home invasions targeting the elderly. The two victims, aged 79 and 81, were at home when thieves forced their way in and ransacked the house, making off with personal belongings.

PRISON Kent Prison in Agassiz was locked down on the weekend after an inmate was stabbed during a fight in the gym, cknw.com reports. A corrections officer fired warning shots into the air to control the situation. The attacker was identified and the victim is expected to recover. METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Video Paralympian Lauren Woolstencroft surprises herself with record-setting gold medal haul at **metronews.ca/canada**

Immigration As the U.S. girds itself for debate on immigration reform, Guidy Mamann compares their approach to Ottawa at **metronews.ca/immigration**

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Education, not legislation

Adventurers need to make smart choices in the backcountry, expert says

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The onus is on skiers and snowmobilers — not outdoor adventure companies — to be safe when riding backcountry, says a local adventurer and lifestyle coach after three more people died in avalanches in British Columbia.

Two French men died in a slide in Wells Gray Provincial Park near Valemont on Saturday while skiing with heli-ski guides.

On Friday, a 30-year-old Calgary man was killed in a slide while snowmobiling near Revelstoke.

This brings the avalanche death toll in B.C. to five in the past week.

Dave Norona, a Vancouver-based outdoor adventure guru and former ambassador of Adventure Smart B.C., said preventing avalanche deaths comes through education, not laws banning backcountry adventure.

"You can't protect (people) from themselves," he said. "People are going to go. Giving them more tools and education will help them make better choices."

He said heli-skiing guides research the conditions and try to avoid volatile slopes, but some avalanches can't be predicted.

In the case of the snowmobilers who triggered the deadly slide in Revelstoke last week, he said they should have known better and were "playing with a loaded gun" when they went up the hill.

"What's not happening is people aren't mitigating danger very well," Norona said.

"If you want to go into the backcountry, take an avalanche course ... It scares you a little bit and that's a good thing."

He added that instead of legislating adventure sport, the government needs to invest in more programs promoting education and safety.

Gender difference?

- The last 20 avalanche deaths in B.C. have been men. Why do men take more risks? See tomorrow's Metro.

Rick Hansen launches major spinal cord injury initiative

RESEARCH On the 25th anniversary of the beginning of his Man In Motion tour, Rick Hansen yesterday launched a new $200-million campaign for spinal cord injury research.

He plans to fundraise until the anniversary of the tour's end, on May 22, 2012.

"What better way to celebrate the 25th anniversary than ... to take what we've developed together as a team and to be able to extend and fill the gap that's needed in this community, in this country, in this world," he told a group gathered at Blusson Spinal Cord Centre in Vancouver.

"We need to work together, we need to collaborate and break down the barriers and silos, we need to shrink this world so we can accelerate progress and so that more people will walk away again."

Prime Minister Stephen Harper and Premier Gordon Campbell, who attended the launch, showed their support for the project on the closing day of the Winter Paralympic Games.

Ottawa will provide $13.5 million over three years to the project, while B.C. will contribute $25 million.

THE CANADIAN PRESS

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Climbing stairs **Raising funds**

JEFF HODSON/METRO VANCOUVER

Kat Ciecierska climbs past the 47th floor at the Sheraton Vancouver Wall Centre yesterday as part of the B.C. Lung Association's annual Climb The Wall. The event aimed to raise $200,000 for lung disease prevention and treatment.

Pair of dangerous dogs escape SPCA

COOMBS RCMP are on the hunt for two dangerous dogs that were either stolen or released from the SPCA in Coombs on Vancouver Island. The kennel was broken into overnight on March 18 and the dogs — a shepherd cross and a black lab cross — were taken, said Sgt. Brian Hunter.

"The two dogs ... named Chloe and Zakk ... were seized by the Regional District of Nanaimo (in January) pursuant to a dangerous dog investigation," he said. METRO VANCOUVER

Mayor pushes for expenses to be made public

POLITICS Vancouver's mayor wants details of council's expenses posted online.

Gregor Robertson said the motion, which will come before council tomorrow, will increase transparency and accountability at city hall.

Having the expenses of mayor and council available to view online is already done in other cities, like Toronto.

An annual report, which also comes out tomorrow, details how much each councillor spent, but does not provide an account of what those expenses are.

To find out, people must request them through the city clerk's office.

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Northern House hands out opulent contest prizes
Canada's Northern House has given away a tapestry, a gold nugget and a diamond — with all three winners hailing from B.C. — as part of a contest for visitors to the house in the month of February. Almost 15,000 people visited the pavilion. METRO NEWS SERVICES

Parks board chief fears loss of autonomy

JEFF HODSON
jeff.hodson@metronews.ca

A Vancouver Parks commissioner is worried that Canada's only elected parks board may lose some of its autonomy if city hall helps choose its new general manager.

NPA commissioner Ian Robertson said having city manager Dr. Penny Ballem involved in the hiring and management of the new parks GM is "a recipe for disaster."

"I am quite concerned for the future of the board and its independent nature," Robertson said.

"We are not like any other board or department in the city."

"I am quite concerned for the future of this board and its independent nature ... We are not like any other board or department in the city."
NPA commissioner Ian Robertson

In a motion before the board tonight, Robertson is calling for the board to be the exclusive body responsible for the hiring and management of the Parks general manager.

However, Vision Parks chair Aaron Jasper said the city has always had some involvement with the hiring of the parks manager.

Candidates will be shortlisted by a recruitment firm for a committee made up of three or four commissioners in addition to Ballem. Their recommendations will then come before the entire board.

"She's there to advise us," Jasper said.

"She's there to help us understand how this person — while they answer to us — is still part of her team ... At no time are we being spoon-fed or told who to hire."

Neo-Nazis a no-show at anti-racism protest

WESTON STEELE
for Metro Vancouver

DEMONSTRATION Roughly 200 anti-racism activists rallied at a New Westminster SkyTrain station yesterday to mark the International Day for Elimination of Racial Discrimination.

The diverse group was also at Braid Station to face a white-supremacist group rumoured to stage a protest there, but the supposed neo-Nazis didn't show up. The only sign of trouble came when two men got off the SkyTrain and became angry while trying to get through the crowd.

They got into an altercation with some of the activists and spat at some of their signs.

"We should be past racism, we should be past sexism, we should be past homophobia."
Christoph Leon, rally organzier

"I know it's a lot of anti-racism right now but it's actually supposed to be more pro-unity," said Christoph Leon, organizer of the rally.

"(Racism) is still happening in the 21st century and it shouldn't be," he said. "We should be past racism we should be past sexism, we should be past homophobia. Certain things can't be tolerated."

'Original' Vancouver launches slogan

GREG DOWNS
for Metro Vancouver

TOURISM Vancouver, Wash., has launched a new slogan to help avoid confusion with Vancouver, B.C.

The slogan, "Visit Vancouver, U.S.A. — Discover the Original," not only differentiates by geography, but also makes the statement that the Washington State city has been around longer — 30 years, according to the tourism office there.

Apparently, the problem is real, Oregonlive.com is reporting. In the lead up to the 2010 Winter Olympic Games, hotels in the southern city fielded numerous calls from confused travellers.

Furlong to attend luger's memorial

GAMES VANOC head John Furlong will attend an overseas memorial for a luger killed at the Vancouver Games.

He was invited to attend the memorial in Bakuriani, Georgia by the family of Nodar Kumaritashvili, who died in a training run at the Whistler Sliding Centre on Feb. 12. Tomorrow's service is taking place 40 days after Kumaritashvili's death.

The International Olympic Committee and the International Luge Federation, which is still reviewing the incident, are also expected to send a representative.

THE CANADIAN PRESS

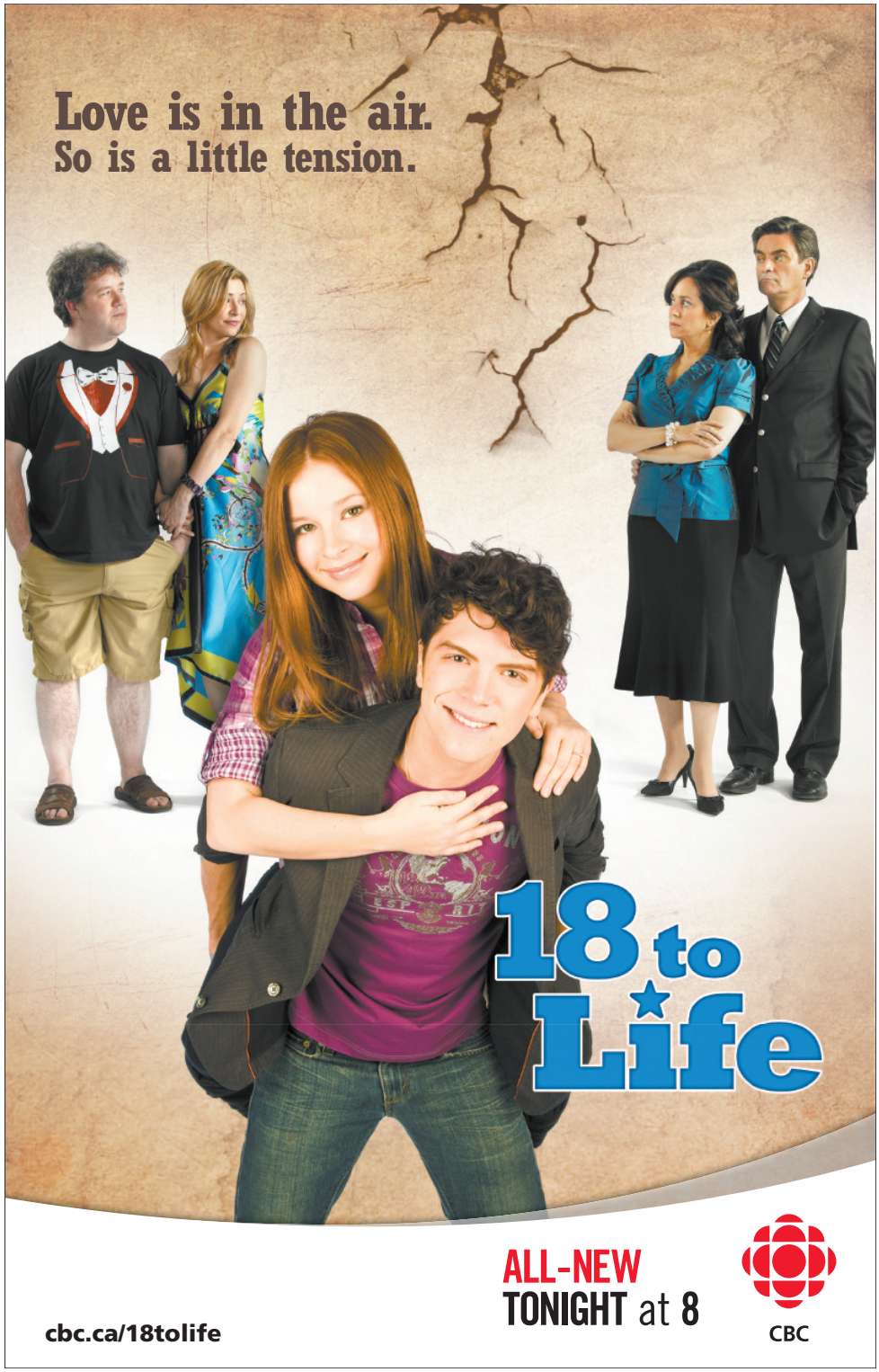
News in brief

RECREATION Camping fees are going up in provincial parks across B.C. between $1 and $6 for basic camping sites. Reservations can be made starting April 1.

BICYCLE RCMP are looking for a woman who hit an 11-year-old with her purple minivan while he was riding his bicycle in Nanaimo. The driver told the boy, who suffered minor scrapes, that she needed to get her kids to school and drove off.

SHOOTING A man is recovering in hospital in Burnaby after being shot twice in the leg. The victim was fond near Kingsway and Salisbury Avenue. No suspect has been identified. Police say that the shooting wasn't random.

METRO NEWS SERVICES



Suspect in knife-point van hijacking arrested after crash
A man suspected of hijacking a van at knife-point is under arrest after crashing the vehicle southeast of Barrie, Ont. A 28-year-old man from Barrie appears in court today on numerous charges. THE CANADIAN PRESS

Canada 60

Tweet your Earth Hour ideas

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers.
@giddyupsales: "Earth hr: invite friends + kids for a candle lit dinner + walk in our neighbourhood ending up at the park to play in the dark."
Send your Earth Hour tweets to @vancouvermetro.

UN pulling out staff

Cuts in Kandahar come as NATO begins offensive

Kandahar is a city on the knife's edge.

Rising violence and NATO's unfolding offensive in the area have prompted the United Nations and other relief organizations to step out of the way.

The UN is in the process of cutting its foreign staff level in the southern city as part of a security review, said a spokeswoman for the mission in the capital city of Kabul.

"There has been a temporary reduction," Susan Manuel said yesterday.

Last week, NATO's top commander in Afghanistan, U.S. Gen. Stanley McChrystal, declared the operation to root out insurgents in Kandahar was underway. He said the offensive in Kandahar would be rolled out in stages.

Manuel said the UN security review is not a reaction to the military push as much as it's a response to the overall situation in Kandahar, the spiritual home of the Taliban. A series of five co-ordinated bombings in the city on March 13-14 left 35 people dead.

Last week, the mayor of Kandahar and some provincial councillors expressed fears the city would become a battleground as the offensive intensifies.

But a senior Canadian officer said he believed the concerns are misplaced and despite their spectacular nature, the recent Taliban assaults were failures.

Lt.-Col. Roch Pelletier also challenged the overall perception that the city was besieged and under constant threat. That's not the impression he gets from patrols, which until recently were greeted by rock or vegetable-throwing Afghans in some quarters.

"Generally speaking, people are very friendly to us," he said. THE CANADIAN PRESS

Canada faces tough task with China, U.S. tensions at G20.
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Luger **Gone but not forgotten**

JONATHAN HAYWARD/THE CANADIAN PRESS

Prime Minister Stephen Harper pauses at a memorial for Georgian luger Nodar Kumaritashvili prior to the closing ceremonies of the 2010 Paralympic Games in Whistler yesterday. Kumaritashvili was killed during training at the Vancouver Olympics Games.

Advocate for disabled ahead of the curve

WHISTLER Two years before Vancouver and Whistler won the right to host the Olympic and Paralympic Games, Hugh Tollett believed the mountain resort town needed to be more accommodating of people with disabilities.

So he started whistlerforthedisabled.com, providing details about hotels and restaurants accessible for people with impairments.

When the region was awarded the Games in 2003, what started out as a personal project for him suddenly became top of mind for everyone else.

B.C. gave $1.14 million to 2010 Legacies Now for an accessible tourism program, which has included designing a rating that lets people know how accessible businesses are. THE CANADIAN PRESS

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Two winners emerge from Saturday's lotto jackpot

There are two winning tickets for the whopping $41-million Lotto 6-49 draw — one purchased in Ontario the other in Edmonton. Each ticket is worth $20.6 million, and the lucky winners can claim their cash as soon as this morning. THE CANADIAN PRESS

News in brief

YELLOWKNIFE Tomorrow, the Northwest Territories legislature is to begin a special session to vote on taking over the $180-million Deh Cho Bridge from the public-private partnership that started it. THE CANADIAN PRESS

The 'Cult of Danny'

Critics speak of fiery premier's dark side

Premier Danny Williams is off-the-charts popular, but his supremacy in one of Canada's most lopsided legislatures has a dark side, critics say.

In some political circles in Newfoundland and Labrador, they call it the "Cult of Danny." It's a phenomenon that embraces strong leadership as much as it seems to tolerate strong-arm control tactics and a flair for verbal bashing.

"Why do people put so much hope in one person?" wonders Lorraine Michael, the sole New Democrat in a Gang of Five opposition that includes four Liberals. "We do have a personality cult mentality here in Newfoundland and Labrador, and a lot is based on his personality."

Once a fresh political session starts today with a throne speech, the outgunned opposition will face 43 Progressive Conservatives led by Williams with a shoot-from-the-lip style many voters support.

Two independent polls earlier this month suggest stratospheric personal and government approval ratings of 80 to 93 per cent — eclipsing other premiers both present and past.

Danny Williams

People love to exalt a hero, Michael said, recalling the decades when Liberal premier Joey Smallwood ran the province. "It seems to be part of the Newfoundland psyche."

But you'd better stay on the hero's good side, say critics and other political observers. No one knows that better than Prime Minister Stephen Harper, who was shut out of all seven federal seats in the province in 2008.

Williams rejected any notion that the tone he sets may somehow intimidate people, snuff debate or raise fears of blacklisting. He says he plans to run for re-election next year. THE CANADIAN PRESS

Montreal Workers unite outside premier's office

GRAHAM HUGHES/THE CANADIAN PRESS

Demonstrators for public-sector workers gather Saturday outside the offices of Quebec Premier Jean Charest for a protest over lagging contract talks.

Motioning towards reforms

PROROGATION Federal NDP Leader Jack Layton hopes a motion that would make it harder to prorogue Parliament will help get more Canadians involved in the political process. The NDP motion requiring the prime minister to seek the consent of the House of Commons to shut down Parliament for longer than seven days was passed in the House last Wednesday. Layton said the motion is an important first step in tapping into Canadians' desire to bring about parliamentary reform in the Senate. THE CANADIAN PRESS

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CAIR ACMR

Firefighters say video does not show gunmen
A Spanish firefighting force says a video released by French officials investigating an alleged ETA shooting does not show the suspected gunmen, but rather a group of Catalan firefighters on holiday. THE ASSOCIATED PRESS

World

Ayatollah bashes U.S.

Iran's supreme leader sharply denounced the United States yesterday, accusing it of plotting to overthrow its clerical leadership, in a chilly response to an overture by U.S. President Barack Obama for better cultural ties with Iran. Ayatollah Ali Khamenei did not outright reject Obama's offer, saying Iran would keep an eye on Washington's intentions. But the supreme leader said that so far, Washington's offers of engagement with Tehran have been a deception. THE ASSOCIATED PRESS

India **Henna art**

AJIT SOLANKI/THE ASSOCIATED PRESS

Brides show henna art on their palms as they pose for photographs as other brides wait in the background before a Muslim mass marriage in Ahmadabad, India, yesterday. Two hundred and one Muslim couples got married during the mass marriage organized by the Gujarat Sarvajanik Welfare Trust for the economically-challenged members of the community.

U.S. Congress OK's health-care bill

Barack Obama has achieved what's proven impossible for so many U.S. presidents before him — he's ensured millions of uninsured Americans will soon get health care following a monumental vote that will undoubtedly define his presidency.

Obama's legislation was finally passed by the House of Representatives last night after a divisive year-long national debate that raged unabated outside the ornate Capitol building all weekend, where angry protesters assailed the bill as lawmakers prepared to vote.

The bill will provide millions of Americans with something Canadians have long taken for granted — health insurance, and the peace of mind that a life-threatening illness will not result in financial ruin.

"This is what change looks like," Obama said during White House remarks just before midnight yesterday. "Tonight, when the pundits said it was no longer possible, we rose above the weight of our politics ... we proved we are still a people capable of doing big things."

"In the end, what this day represents is another stone firmly laid in the foundation of the American dream," Obama said.

But to the bitter end, it was a powderkeg on the House floor as Republicans made a last-ditch effort to stop the bill in a moment of political drama that featured someone calling a congressional Democrat a "baby-killer."

THE ASSOCIATED PRESS

Ugly reaction

- The vitriol directed at some congressmen echoes the type of invective spewed by some protesters this weekend on Capitol Hill. Black legislators say they had racial epithets hurled at them as they entered the Capitol building, while Democrat congressman Barney Frank said he was called a homophobic slur.

Internet fuels illegal wildlife trade: Officials

ANIMALS The Internet has emerged as one of the greatest threats to rare species, fueling the illegal wildlife trade and making it easier to buy everything from live baby lions to wine made from tiger bones, conservationists and law enforcement officers said yesterday.

The Web's impact was made clear at the meeting of the 175-nation Convention on International Trade in Endangered Species, or CITES. Delegates voted overwhelmingly Sunday to ban the trade of the Kaiser's spotted newt, which the World Wildlife Fund says has been devastated by the Internet trade.

A proposal from the United States and Sweden to regulate the trade in red and pink coral — which is sold extensively on the Web — was defeated. Delegates voted the idea down mostly over concerns the increased regulations might impact poor fishing communities. Trade on the Web poses "one of the biggest challenges facing CITES," said Paul Todd, a campaign manager for the International Fund for Animal Welfare. THE ASSOCIATED PRESS

News in brief

ERUPTION A volcano erupted near a glacier in southern Iceland, shooting ash and molten lava into the air and forcing the evacuation of nearby villages. There were no reports of injuries or damage from the Eyjafjallajokull volcano, but a state of emergency was declared and scientists feared the eruption could trigger a larger and more dangerous eruption. THE ASSOCIATED PRESS

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Planned Bush, Clinton visit unearths tumultuous past for Haitians.
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Protests call for Russian freedom

DEMONSTRATION Thousands rallied across Russia Saturday to denounce government economic policy and demand more freedom in a new challenge to the Kremlin reflecting increasing disillusionment and a growing potential for protests.

Many participants in the rallies, dubbed the "Day of Wrath" by the opposition, demanded the resignation of Prime Minister Vladimir Putin.

About 1,000 people rallied in St. Petersburg holding placards reading "Putin's team must resign!"

Police didn't intervene with the St. Petersburg protest, but they barred protesters chanting anti-Putin slogans from holding a rally on a downtown Moscow.

City police spokesman Viktor Biryukov said 70 people had been detained for taking part in the protest which hasn't been authorized by Russian authorities.

Opposition activists have insisted they need no special permission from authorities to hold rallies because the Russian constitutions guarantees the right of assembly.

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Northern China hit by year's strongest sandstorms

China's capital woke up to orange-tinted skies Saturday as the strongest sandstorm so far this year hit the country's north, delaying some flights at Beijing's airport and prompting a dust warning for Seoul, South Korea. Beijing's weather bureau gave air quality a rare "hazardous" ranking. THE ASSOCIATED PRESS

Keep building: Israel PM

Netanyahu's pledge strains Israel/U.S. relations

Israel won't restrict construction in east Jerusalem, the country's prime minister said yesterday, despite a clear U.S. demand that building there must stop and a crisis in relations between the two longtime allies.

Benjamin Netanyahu's hardline statement came just hours before he was scheduled to leave for Washington.

His meeting with U.S. President Barack Obama tomorrow will be the first high-level meeting since the crisis erupted 10 days ago, when Israel announced construction plans in an east Jerusalem neighbourhood claimed by the Palestinians.

"As far as we are concerned, building in Jerusalem is like building in Tel Aviv" and there would be no restrictions, Netanyahu told his Cabinet.

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Thailand **Rallies continue**

DAVID LONGSTREATH/THE ASSOCIATED PRESS

Yesterday in Bangkok, pro-democracy protesters showed their support for former prime minister Thaksin Shinawatra, who was ousted by a 2006 military coup after corruption allegations.

N. Koreans seek asylum in Russia

LOGGERS The North Korean's note, scrawled in pen, was simple: "I want to go to South Korea. Why? To find freedom. Freedom of religion, freedom of life."

The ex-logger, on the run from North Korean authorities, handed the note over to a South Korean missionary in the Russian city of Vladivostok last week in hopes it would lead to political asylum.

Just before he was to meet Thursday with the International Organization for Migrants, a team of men grabbed him, slapped handcuffs on him and drove off, rights activists in Moscow said Friday.

He was spirited away to the eastern port city of Nakhokda, where he is sure to be handed back over to North Korean officials and repatriated to his communist homeland, activists said in Seoul.

The 51-year-old would be the third North Korean logger in Russia in a week to make a bid for asylum. On March 9, two other North Koreans who had fled their jobs as loggers managed to get into the South Korean consulate in Vladivostok.

The incidents focused attention on the precarious existence of tens of thousands of North Koreans sent by the impoverished regime to work in neighbouring Russia.

Russian government figures from 2007 put the number of North Korean labourers at 32,600, most of them working in logging in the remote east.

The Rev. Peter Chung, a Seoul-based activist, said there are about 40,000 North Korean loggers in Russia, but that some 10,000 of them have fled their work sites. Some find work as day labourers while others are in hiding as they try to map out how to win asylum in foreign diplomatic missions.

THE ASSOCIATED PRESS

Someone's trying to take out the cops in California

TRAPS Police officers in Hemet — a retirement town in rural California — have been on edge in recent weeks.

Someone is trying to kill them.

First, a natural gas pipe was shoved through a hole drilled into the roof of the gang enforcement unit's headquarters. The building filled with flammable vapour, but a police officer smelled the danger before anyone was hurt.

"It would have taken out half a city block," Capt. Tony Marghis said.

Then, a ballistic contraption was attached to a sliding security fence around the building. An officer opening the gate triggered the mechanism, which sent a bullet within 20 centimetres of his face.

"There's a person or people out there, a bunch of idiots, trying to do damage to us," Hemet police Chief Richard Dana said.

"We can't expect our luck to hold up, we need help."

Gang enforcement officers appear to be the target of the assassination attempts, though Dana noted the devices were indiscriminate by nature and could have killed any law enforcement officer.

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Comment

Line's end leaves region worse off

Yesterday, Vancouver's modern streetcar made its final journey along False Creek. With the conclusion of the Paralympics, the so-called Olympic Line is no more — and that means the streetcar aspirations for this city are, for the time being, over. The two Bombardier trams operating on the new tracks are being shipped back to Belgium.

It's too bad because the service had been a smashing transit success during the Olympic and Paralympic Games — moving hundreds of thousands between the Olympic Village Canada Line station and Granville Island. City hall reported that it was even busier than well-funded modern streetcar networks in Seattle and Portland.

The passenger volumes translated into huge crowds at the shops, restaurants and Olympic pavilions on Granville Island. It would be nice to see that kind of robust economic activity in the area all the time.

"Couldn't TransLink come up with the $6 million to $8 million needed to buy the sleek Bombardier vehicles — and give this region a first-class transit legacy?"

As Metro reported last week, at least one Vancouver city councillor, Suzanne Anton, said the city should do "everything in its power" to keep the streetcar service going. "There is pretty much a universal desire to keep it," she said. And she has wisely noted that its presence adds significant value to the financially troubled athletes village.

Perhaps the streetcar could help the city move more condos and recoup its real estate investment?

But this goes beyond municipal finances. It is about bolstering options for commuters across the region. Couldn't TransLink come up with the $6 million to $8 million needed to buy the sleek Bombardier vehicles — and give this region a first-class transit legacy?

Sadly, as long as TransLink refuses to give its blessings, there is no chance senior levels of government will step up either. No wonder Stephen Harper had nothing for the project when he announced $33 million earlier this month for transportation projects in B.C. — most of which was devoted to highways and bridges.

In late February, during the peak of the Vancouver Olympics experience, Mayor Gregor Robertson said the city's "next task is to encourage people to stay out of their cars when the Games end and continue to choose better ways of getting around."

It was a nice thought.

But as the Olympics transport plan — including the streetcar, the third Seabus, and the ramped up SkyTrain service — dissolves before our eyes, many will have no choice but to say goodbye to transit and hello again to their own vehicles.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Views

You never know what you've got till it's gone

Andres, Jim, Guiliano. Lately I've been seeing a lot of men. This can only mean one of two things — a) My 19-year-old daughter is home from university; b) I've entered the world of home renovations.

Yes, Liz and I are renovating. Every day our house is full of men. I never know when they'll show up. I never know what they'll want to do. It's like I'm running a brothel. Except that the length of time they spend is way longer and I have to pay them. So, really, it's like I'm running a bad brothel.

I now understand "worker speak." For instance, "I don't know why the last guy did it like that" means, "Whatever happens isn't my fault ... but if it works out, I'm a hero."

And I participate hourly in conversations like:

Me: We'd like the dishwasher over there.

Contractor: Oh, it can't go there.

Me: But there's one there now.

Contractor: I don't know why the last guy did it like that.

So what's the one thing we can do when life hands us a frustrating situation? Whine to anyone who will listen, of course. But, also, try to pass on what you've learned. Here's my renovating wisdom.

Before you start any renovation, ask yourself: Am I really ready for this?

Answer: No. You're not.

Wasn't that easy?

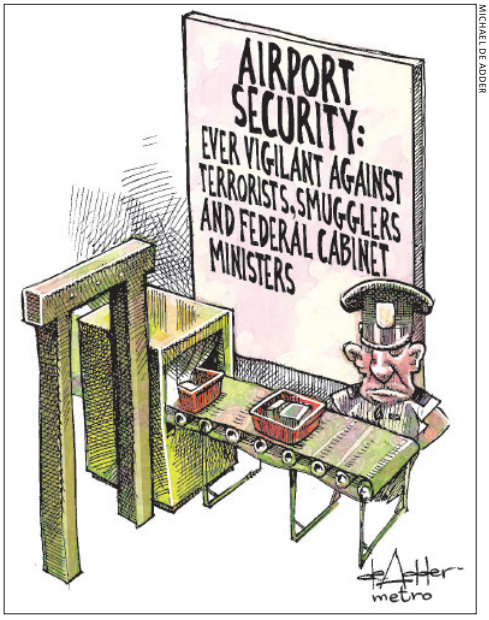
Post photos around your home of fabulous buildings such as the Taj Mahal to serve as inspiration. Not because this is how your place will look, but to remind you of how long it's likely going to take to complete.

Trust the adage, "You never know what you've got till it's gone." So far, for Liz and I, this has applied to running water and electricity.

Sometimes dreams have to be rethought. Three months ago, Liz and I dreamed of having a beautiful kitchen. Now we dream of not having a stove in the middle of our eating area.

Remember, renovations are like living. There's no such thing as a schedule. Kindness beats out yelling every time. And the point when everything is lying in a heap of rubble on the floor is also the point when rebuilding can begin. Whether it's a beautiful new kitchen, or a wonderful new life.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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Going Green

Organic Manifesto

The Organic Manifesto examines the unholy alliances that have formed between the chemical companies that produce fertilizer and genetically altered seeds and how the agricultural educational system that is virtually subsidized by those same companies. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Counting down to our Earth Hour

March 27
Earth Hour

BEN KNIGHT
for Metro Canada

This coming Saturday, from 8:30 to 9:30 p.m. local time, more than a billion people will be turning off their lights to help save the global environment.

Earth Hour — an annual awareness-raising event promoted in dozens of countries by the World Wildlife Fund — is becoming one of the biggest environmental movements in history, according to its Canadian project manager, the WWF's Tara Wood.

"What's really exciting about working on this project is that Canada usually comes out in the top three countries, worldwide," she enthuses. "For the past two years, more than half of all adult Canadians have participated in this event."

For 2010, more than 220 Canadian cities are actively promoting Earth Hour, encouraging citizens and local businesses to get involved.

Critics have charged the amount of energy saved in a single hour is negligible, and power use rises dramatically as soon as Earth Hour ends. Woods sees a larger purpose for this ever-expanding event.

"It's definitely not about the power we save in that hour," she says. "It's about making a strong, symbolic statement, and then taking that message to see what each of us can do – every day – to help live lighter on the planet."

A lightbulb here, a parked car there, times a billion people. For Woods, this is an ongoing project, rather than a single event.

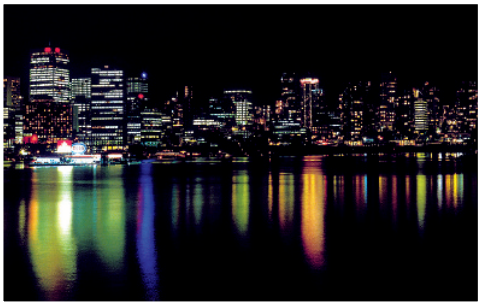
"I think, overall, we hear about doom-and-gloom environmental issues, and wonder how one person can make a difference?" says Woods. "I might drive a hybrid and have all energy-efficient appliances, and look out the window and see my neighbour driving to work in his Hummer. But that's where the beauty of Earth Hour comes in. It's very positive, celebratory and inclusive. It's all about people making it their own."

And while the event has grown exponentially since debuting in Sydney, Australia just three years ago, Woods looks forward to a time when Earth Hour won't be anything special at all.

"I think the best-case scenario is we get to a point where we don't need events like this because everybody is so tuned in to what we can do every day to live a little bit lighter on the planet. But until we reach that point, I think it's important for people to celebrate events like Earth Hour, and encourage their friends to adopt greener behavior and be role models in their own lives."

PHOTOS.COM

More than 220 Canadian cities are participating in Earth Hour.



Last year, B.C. reduced its usage by 1.1 per cent.

Earth Hour contest

- Submit an Earth Hour video or photo essay to wwf.ca, and you could win a trip to Churchill, Man., to see first-hand the effect of climate change. Contest closes Thursday.

Eco-Minded

Kai Chan

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Barrick Gold expects $834M from IPO of African division
Toronto-based Barrick Gold Corp. expects that an initial public offering for a quarter stake in its African properties will reap $834 million US. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Preparing for parity

Small exporter's foresight paying off as loonie climbs

Parity preparations that began at Craig McIntosh's small Manitoba plastics business a decade ago have positioned the company to gain from a soaring loonie because it now buys more from the U.S. than it sells there.

The loonie closed at 98.39 cents US Friday afternoon after a week of anticipation about when it would hit parity.

At Winnipeg-based Acrylon Plastics Inc., where McIntosh is president and CEO, preparing for parity included upgrading equipment to increase productivity, cutting costs, revamping its market focus and changing the way it managed finances.

Since 2003, McIntosh has reversed an export-oriented business that shipped 70 per cent of its plastics to the U.S. and sold 30 per cent at home. Last year, the company sold 65 per cent of its products in Canada and shipped only 35 per cent south of the border.

"Now we're a net buyer from the U.S. as opposed to a net seller," McIntosh said.

"We're coming out ahead as (the dollar) is moving to parity."

Acrylon, which has five plants in the Prairies and 225 employees, produces plastic parts for four diverse markets — windows, farm machinery, buses and playground equipment.

The company has also reduced its exposure to currency fluctuations by simplifying its finances. Customers once paid Acrylon in U.S. funds, which it then converted into Canadian funds that it paid to suppliers, who were converting it back into American dollars.

Since 2004, the company has reduced the amount of business it conducts in U.S. funds from 70 per cent to 40 per cent. In doing so, it has created what economists call a natural hedge against currency fluctuations.

THE CANADIAN PRESS

PHOTOS FROM FILE PHOTO

Economists have predicted that an at-par Canadian dollar could spell disaster for small- and medium-sized exporters.

Sale of Nortel networking divisions final

INSOLVENCY Nortel Networks Corp. says chief restructuring officer Pavi Binning will step down now that the sale of its optical networking and ethernet businesses to Ciena Corp is complete.

The company said Friday that Ciena has elected to pay an all-cash purchase price of approximately $774 million US for the businesses.

Nortel said 2,000 of its employees will continue to work for Ciena.

Binning, also Nortel's chief financial officer and executive vice-president, said he will leave the insolvent company effective yesterday now that it has sold its main businesses.

THE CANADIAN PRESS

In brief

FEES TMX Group Inc. says it will reduce its trading fees for securities trading at $1 or higher on the Toronto Stock Exchange and the TSX Venture Exchange.

THE CANADIAN PRESS

Effects of Greek debt crisis felt on Bay Street

MARKETS Stock markets were rattled last week by the ongoing Greek debt crisis and the threat it poses to European economic stability, a trend likely to continue this week as the country seeks to bail itself out.

65 The main TSX index lost more than 65 points last week, finishing at 11,947.98.

The crisis was one of the main movers behind a tepid performance on the Toronto stock market last week as commodity prices were pushed lower by a rising American dollar.

Currency traders flew to the safety of the U.S. greenback late last week, worried that the Greek crisis would undermine the stability of Europe's monetary union and the euro itself — putting the brakes on the Canadian dollar's march towards parity.

With few economic reports expected that could give North American markets any direction this week, there will be a keen focus on whether any solution is coming for Greece's troubles. The country's prime minister, George Papandreou, made it clear the country would seek help from the International Monetary Fund if it doesn't receive a financial aid mechanism from fellow European countries this week.

But the European Union is dead set against involving the IMF, as calling in emergency help from an outside organization is seen an embarrassment.

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Johnson comes back at Bristol

Jimmie Johnson won for the first time at Bristol Motor Speedway by driving to first from sixth in just three laps. He plowed through the field on a restart with 10 laps to go yesterday, giving him his third NASCAR victory this season and the 50th of his career. THE ASSOCIATED PRESS

Sports

Nathan out for season

Minnesota Twins closer Joe Nathan, left, will miss the entire 2010 season because of an elbow injury that will require surgery. Nathan, who leads the major leagues with 246 saves since 2004, made the decision after playing catch with Twins pitching coach Rick Anderson for 10 minutes yesterday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Tiger: 'I've done some pretty bad things'

Tiger Woods acknowledged "living a lie," saying he alone was responsible for the sex scandal that caused his downfall and no one in his inner circle was aware of his misdeeds.

"It was all me. I'm the one who did it. I'm the one who acted the way I acted.

"No one knew what was going on when it was going on," Woods told The Golf Channel in one of two interviews last night.

A second was aired on ESPN.

"I'm sure if more people would have known in my inner circle, they would have stopped it or tried to put a stop to it. But I kept it all to myself," he said.

Answering questions on camera for the first time since his early morning car crash last November, Woods again provided few details about the crash, his marriage or much of his private life.

"A lot has transpired in my life. A lot of ugly things have happened. I've done some pretty bad things in my life," he told ESPN.

But he did admit being nervous about how he will be received when he returns to golf next month at the Masters.

"It would be nice to hear a couple claps here and there," he told ESPN.

Woods plans to end more than four months of seclusion and play at Augusta National, one of the most tightly controlled environments in golf.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS/ESPN

Tiger Woods speaks with ESPN's Tom Rinaldi, left, near Woods' home in Windermere, Fla., during an interview that aired last night.

"I'm sure if more people would have known in my inner circle, they would have stopped it or tried to put a stop to it. But I kept it all to myself."
Tiger Woods on his personal indiscretions

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Mauer staying put

MLB Joe Mauer is staying home.

The AL MVP agreed to an eight-year, $184-million US contract extension with Minnesota yesterday that includes a full no-trade clause, a massive deal that shows the Twins are no longer a frugal small-market club.

The deal covers the 2011-2018 seasons and is the fourth largest — both in total value and average salary — in Major League history. Starting next season, the all-star catcher will make an average of $23 million per season.

With the announcement, the entire state of Minnesota can take a deep breath and relax. Mauer, who has won three AL batting titles and is considered one of the best defensive catchers in the game, was entering the final year of his current contract.

Mauer

Even though both he and the Twins insisted all along that he would be staying in Minnesota, Twins fans were growing more nervous by the day as negotiations dragged on. But agent Ron Shapiro and Twins brass eventually worked out the deal, ensuring the hometown favourite wouldn't get lured away by one of the many big spenders.

Then the Twins, who have steadily increased their spending in recent seasons as they prepared to open Target Field in 2010, came through with a staggering package.

CDG

The $184-million total worth is fourth behind two deals signed by Alex Rodriguez — the $275-million deal with the Yankees signed in 2008 and a $252-million contract signed with Texas in 2001 — and Derek Jeter's $189-million deal signed with the Yankees in 2001 and expires after this season.

The Minnesota native was the No. 1 overall pick by the Twins in 2001 and quickly emerged as a fan favourite.

THE ASSOCIATED PRESS

UBC falls in CIS title game again

BASKETBALL In a season of firsts for the Saskatchewan Huskies, the biggest one came yesterday.

The Huskies beat the UBC Thunderbirds 91-81 to claim their first Canadian university basketball title.

A week after winning their first Canada West crown, the fifth-ranked Huskies defeated the fourth-ranked Windsor Lancers on Friday before disposing of the top-ranked Carleton Ravens on Saturday. Saskatchewan finished the season on a 13-game winning streak and have won 17 of their past 18 games dating back to early January.

Showron Glover led all players with 28 points for the Huskies and was a solid 10-for-12 from the free-throw line. As a team the Huskies scored 21 of their points from the line and connected on 10 three-point attempts.

Kamar Burke led the Thunderbirds with 16 points, along with CIS player of the year Josh Whyte.

The Thunderbirds lost in the final for the second straight year after falling 87-77 to the Ravens in the title game last year.

UBC trailed 45-31 at the half and went into the fourth down by 10.

THE CANADIAN PRESS

PAWEL DWULIT/THE CANADIAN PRESS

University of Saskatchewan Huskie Showron Glover, left, kisses the W.P. McGee Trophy with teammate Michael Linklater after the Huskies defeated the UBC Thunderbirds for the CIS Men's Basketball Championship 91-81 in Ottawa yesterday.

LHR

Sacre's squad crushed by Orange

NCAA Wes Johnson scored a career-high 31 points and pulled down 14 rebounds as top-seeded Syracuse hit a dozen three-pointers to stun Gonzaga 87-65 yesterday in the second round of the NCAA tournament. Canadian Andy Rautins added 24 points. Elias Harris led Gonzaga with 24 points and Vancouver's Robert Sacre had 17 points and eight rebounds.

THE ASSOCIATED PRESS

Sports in brief

SOCCER Liverpool manager Rafa Benitez has acknowledged "it will be more difficult" to qualify for the Champions League after losing at Manchester United. Liverpool lost 2-1 at Old Trafford yesterday to fall four points behind fourth-place Tottenham in the last qualifying berth despite having played one game more. Manchester City is two points above Liverpool and has played two fewer matches. Fernando Torres gave Liverpool an early lead, but Wayne Rooney equalized soon after with a disputed penalty and Park Ji-sung scored United's winner in the second half.

TENNIS Jelena Jankovic defeated Caroline Wozniacki 6-2, 6-4 yesterday to win the BNP Paribas Open, the Serbian's first title in seven months. The former top-ranked player dictated from the baseline throughout the match, hitting the lines and keeping Wozniacki on the run. Jankovic broke Wozniacki three times in the first set and again in the first game of the second set. Wozniacki brought her coach-father on court once in each set, but it didn't help. She never found a solution to Jankovic's pinpoint power.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Minnesota 4 Calgary 3
Atlanta 3 Philadelphia 1
Boston 2 N.Y. Rangers 1
Buffalo 5 Carolina 3
Florida 5 Tampa Bay 2
Nashville 3 St. Louis 2
Phoenix 3 Dallas 2 (SO)
Edmonton 5 San Jose 1
Anaheim 5 Colorado 2

TONIGHT'S GAMES
Pittsburgh at Detroit
Ottawa at Montreal
Colorado at Los Angeles

NBA

YESTERDAY'S RESULTS
Houston 116 New York 112
Indiana 121 Oklahoma City 101
Sacramento 102 L.A. Clippers 89
Cleveland 104 Detroit 79
Atlanta 119 San Antonio 114 (OT)
Washington at L.A. Lakers
Portland at Phoenix

NCAA

MEN'S BASKETBALL
YESTERDAY'S RESULTS
West Virginia 68 Missouri 59
Cornell 87 Wisconsin 69
Syracuse 87 Gonzaga 65
Purdue 63 Texas A&M 61 (OT)
Ohio State 75 Georgia Tech 66
Michigan State 85 Maryland 83
Xavier 71 Pittsburgh 68
Duke 68 California 53

Curlers take gold
Canada's wheelchair curling team held off a hard-charging South Korean rink for an 8-7 win in the gold-medal game at the Paralympics on Saturday. THE CANADIAN PRESS

Paralympic Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Another golden finish for Canada

On heels of a record Olympics, Canada bests its own gold count in Paralympics

It was a golden finish to Canada's best-ever Winter Paralympics.

Brian McKeever won his third gold medal on the last day of the Games yesterday with a victory in the one-kilometre cross-country sprint for the visually impaired.

It was an emotional victory for the legally blind skier from Canmore, Alta., who came into the Paralympics feeling the frustration of being denied the chance to race at the Olympics.

"We're very satisfied with how it went," said McKeever, who races with his brother Robin acting as his guide. "Especially with the whole Olympic fiasco, it was nice to come back and erase the bad memories of this place and have a fun moment at the end."

McKeever's win increased Canada's gold medal count to 10, the country's best at any Winter Paralympics. The previous high was the six won at the 2002 Salt Lake Paralympics.

The overall medal count of 19 (10 gold, five silver and four bronze) is the country's best Winter Paralympic haul. Canada won 15 medals at a Paralympics twice, in 2002 and 1998 in Nagano.

Canada also achieved its goal of finishing in the top three countries in gold medals won. The International Paralympic Committee ranks its medal table according to gold medals.

Germany topped the standings with 13 gold among its 24 medals. The Russian Federation was next with 12 gold and 38 medals.

"It's a huge accomplishment for us," said Blair McIntosh, Canada's chef de mission.

The Paralympic performance comes on the heels of Canada's Olympic team winning 26 medals, the most at any Winter Games. The Olympic team's 14 gold was also the most of any country at a Winter Olympics.

Canada sent a team of 53 athletes to the Paralympics. The event drew about 1,350 athletes and team officials from 44 countries competing in five sports.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

Skier Lauren Woolstencroft, Canada's flag bearer at yesterday's closing ceremonies, holds up her five gold medals that she won during the 2010 Winter Paralympic Games.

PARALYMPIC GAMES
MedalCount

NATION				TOTAL
Russia	12	16	10	38
Germany	13	5	6	24
Canada	10	5	4	19
Ukraine	5	8	6	19
United States	4	5	4	13

Curler banned for failed drug test

PARALYMPICS A Swedish curler at the Paralympics has been banned for two years after failing a doping test. Wheelchair curling fourth Glenn Ikonen says he didn't know the blood pressure medication he was taking was on the banned list. Ikonen, who was to throw the rocks in Friday's match against Italy, told a news conference he was disappointed his doctor gave him medication that was on the banned list. He said he'd been taking it for three years, but wasn't tested prior to the 2009 worlds, where Sweden won silver. The team manager said he didn't believe there was any performance boost that could be attributed to the drug. The Swedes beat Italy 6-5 and went on to earn bronze by topping the U.S. 7-5 Saturday.

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Quiz reveals how Millennial you are

The Pew Research Centre offers a 14 question quiz that tells you where you rank on the generational timeline, from the Silent Generation to the Millennial Generation. The higher a person's score on the quiz, the more the person relates to Millennials. METRO NEWS SERVICES

Workology

McGill top Canadian university

McGill University has been named the top university in Canada in U.S. News & World Report's World's Best Universities rankings, published last month. McGill is also the top Canadian institution for life sciences and biomedicine. The University of Toronto is the highest-ranking Canadian university for arts and humanities, engineering and IT, and natural and physical sciences. The University of British Columbia places first among Canadian institutions for social sciences. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

UALBERTA TO DEBATE MENTAL HEALTH Later this month, the University of Alberta's board of governors will be asked to approve a mental health policy, under which students and staff are asked to report others on campus who display behaviour changes suggesting they could hurt themselves or others. The information would be evaluated by team, which would assess the reported individual and contact campus security if necessary. The individual will be offered psychological support, but the university cannot make someone see a psychologist.

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Beauty, a 'boom' career?

KEITH CARMAN
for Metro Canada

Many of us might not have considered it but according to recent statistics, hairdressing and cosmetology are increasingly becoming some of the most reliable, enjoyable and advantageous international careers over the coming decades.

"Beauty is global," declares Brad Masterson, vice-president of Y Public Relations on behalf of the Professional Beauty Association (PBA). "There are stylists that travel the world for many reasons such as education for manufacturers as well as those that do editorial work on photo shoots and movies."

Surprised? So are we. However, as Masterson emphatically illustrates, personal beauty care is a field in constant demand and that yields broad opportunity. From interesting and helpful contacts to a pricing structure ranging between tens to thousands of dollars per sitting depending on clientele, there is little stagnancy in this calling.

Moreover, some see beauty programs as the next financial boom. In its latest press release, the PBA points out that during the recent economic downturn, according to the U.S. Bureau of Labor Statistics, the private sector slashed jobs at 4.4 per cent while employment-based beauty spas added 0.2 per cent. The salon industry effectively outperformed the national economy and is expected to grow by 31 per cent over the next decade.

"Beauty, specifically hair, is one service that people need to have taken care of, regardless of the state of the economy," states Masterson about the field's resistance to recession. "Many women in particular will forego other beauty treatments in order to make sure they can get their hair done. It's the last thing they want to give up. In addition, as people have had to transition into looking for work, they want to freshen up and maintain their appearance to make the best impression possible."

Before dreams of James Bond-ish jet-setting sweep you away though, understand that as with other professions, there are levels of training and expertise to be attained. Provinces list different graduating requirements for official designations and fees can range from $700 one-off classes to $15,000 for full programs. Moreover, many salons require post-education internships to glean facility techniques and specialities.

With diploma and scissors in hand though, the world could be a beautician's proverbial oyster.

Options abound

- Many paths are available in hairdressing and cosmetology such as freelance work, dedicated employment with a particular spa/agency, working for photo shoots, film, television or even teaching.
- Furthermore, with benefits such as flexibility and optioning various degrees of entrepreneurship, many young adults are increasingly leaning toward the field without sacrificing a solid pay cheque.
- Masterson says those who shun seeing their children dedicate their future to the world of beauty might want to reconsider. Aside from the pride of "making people look and feel great on a daily basis," it can be an incredibly interesting, portable and lucrative career.
- "People have had the belief in many ways that hairstylists don't make a lot of money. That may be the case for some (but) many actually earn great livings and can make $37,000 to $63,000. There are many opportunities beyond working 'behind the chair,' which can lead to bigger salaries, travel, etc." KEITH CARMAN

Taking care of your hair, according to one expert, is something that people will always do, regardless of the economy.

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Campus Saskatchewan to cease operations
Effective March 31, Campus Saskatchewan, a partnership between provincial post-secondary institutions and the advanced education ministry to support online and distance learning, will cease operations. METRO NEWS SERVICES

The one who dresses hockey heroes

OddJobs
Diane Peters

Metronews.ca/oddjobs

The Lowdown
Job Title: Equipment manager
Salary: $70,000 to $150,000
Education/training: Knowledge of first aid, but mostly learned on the job
Best Part of the Job: "I meet so many good people."
Worst Part of the Job: "Being away from my wife and kids."

Like so many Canadian boys, Gus Thorson of Calgary grew up playing hockey.

He had no idea he'd make a career of it.

Thorson played goal and quit the game at 17 — he's now 50 — since he simply wasn't that good.

But his friends were, and they played on the University of Calgary team while he was studying physical education there. The team needed some trainers — people to care for equipment, do first aid and help out in the locker room— and they encouraged Thorson to volunteer.

Two years later, the Calgary Canucks of the Alberta Junior League had issues with one of their trainers while going into the playoffs and called on Thorson. He ended up staying for the entire next season too. And he realized that this was something he could do as a real job.

"The more I did it, the more I learned. The more I learned, the more I liked it. There's lots worse places you can spend your time than in a hockey rink."

After graduation, Thorson got a paid job in Victoria, then Moose Jaw. Back in Calgary, he began splitting his time between working with Canada's national hockey team and working in a sporting goods store where he became an equipment care and repair expert (his boss was a former shoemaker). After five years, he got hired as the full-time equipment manager for the national team.

In 1999, the Calgary Flames called, and he's been there ever since.

Thorson works with four other trainers: They're all in by around 7 a.m. most mornings. If the players are to skate at 10:30 a.m., that gives them time to stock the bench with socks, jerseys, pads, tape and water bottles. Then there are skates to sharpen, sticks to organize and last-minute repairs to do.

Gus Thorson is an equipment manager with the NHL's Calgary Flames.

Then, it's cleaning up after a practice. On game days, the locker room must be stocked by 4:30 p.m. Before a road trip, there's packing to do.

And while he's a pro at equipment repair, he now spends more time ordering custom equipment for his players, and making sure he gets the size and specifications just right.

"The biggest part of my job that's changed is the amount of equipment we're ordering. The way they make stuff now, it's easy to break in, but it breaks down faster."

And while his wife and kids get to see the Flames whenever they like, they don't see much of him until summer.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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No surgery for Heidi

Heidi Montag — who famously underwent 10 plastic surgery procedures in one day — won't be going under the knife anytime soon. She wants bigger breasts, but on The Tonight Show With Jay Leno said: "I legally can't right now. The limit is 800cc and I have 700cc." USMAGAZINE.COM

Entertainment

Return of Rosie

Rosie O'Donnell is planning to develop a new talk show, according to the Hollywood Reporter. She is targeting fall 2011 for the debut — around the same time that Oprah Winfrey will take her final bow. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Ralph Klein stars in new game show

Klein

PEOPLE OK, contestants.

Fingers on your buzzers.

What former Alberta premier is starring in his own game show?

If you answered Ralph Klein, you're right.

Johnny, tell 'em what they've won.

Klein hit the airwaves over the weekend on a show called On the Clock on Crossroads Television System across Alberta and Ontario on cable and nationwide via satellite.

The format is simple.

Three Alberta "experts" — a Calgary city councillor, a columnist and a radio host — are asked public-policy-type questions, both light and heavy: How would you rewrite the national anthem? List the benefits of global warming.

Klein, who is shown perched on a golden throne, then evaluates the candid responses and hands out "Ralph Bucks" based on what he thinks.

THE CANADIAN PRESS

The music video is reborn

The Internet allows artists to share content directly with fans

MuchMusic and MTV may have given up on the music video, making it an endangered species on television, but if Lady Gaga's new video is an accurate barometer of audience interest, the art form is here to stay, albeit on a new platform.

And the artists who never lost faith in the music video couldn't be happier.

Telephone, featuring Beyoncé, hit the Internet with a deafening blast of buzz and surges of traffic last Thursday and quickly amassed millions of views.

The clearly expensive nine-and-a-half minute video is reminiscent of Michael Jackson's Thriller in its epic scale and its slick production values and pops of eye candy have been compared to Quentin Tarantino's handiwork.

About a week later, the video has now been viewed well over 20 million times at YouTube and the music video website Vevo.

"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and that's not the case," said Rio Caraeff, president of Vevo, which launched in December and is owned by Sony Music Entertainment, Universal Music Group and Abu Dhabi Media Company.

"The broadcasters on television made a decision to move away from videos because they wanted to get people to watch TV for longer periods of time, for their own business model.

"The appetite for the videos didn't go away, it's just been channelled to the web where people can watch whatever they want on demand."

Music videos are actually among the most viewed of all online videos, and according to traffic measurement firm Visible Measures, they're indisputably No. 1 when you factor in their influence.

The company's "true reach" stat counts a video's views on different sites across the web and also accounts for the hits generated by user-created fan videos, whether they be tributes or spoofs, said spokesman Matthew Fiorentino.

When factoring in fan engagement, the most viewed and most influential online video in the history of the Internet is surprising — it's the music video Crank That by Soulja Boy.

The song was a No. 1 hit on Billboard for several weeks in 2007 and inspired a dance craze but a relative few would peg it as the biggest video ever to go online.

"The brilliant thing about the video is there's a dance in the video and it takes you through how to actually do the dance," said Fiorentino.

"What we found is videos — and not just for music videos, for ads and other types of content as well — when they directly interact with audiences and put a challenge out there to get them to upload their own content or comment on it, it just keeps the activity going.

"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and that's not the case." Rio Caraeff

"The song is catchy but then there's also this interactive aspect to it that helps."

Of the Top 10 most-viewed online videos ever — as compiled by Visible Measures — six are music videos, including Beyoncé's Single Ladies at No. 2, Michael Jackson's Thriller at No. 3, Mariah Carey's Touch My Body at No. 6, Apologize by Timbaland featuring One Republic at No. 8, and Lady Gaga's Poker Face at No. 9.

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Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to Hollywood.com:

Johnny Depp stars in Alice in Wonderland.

1. **Alice in Wonderland:** $34.5 million US
2. **Diary of a Wimpy Kid:** $21.8 million
3. **The Bounty Hunter:** $21 million
4. **Repo Men:** $6.8 million
5. **She's Out of My League:** $6 million
6. **Green Zone:** $5.96 million
7. **Shutter Island:** $4.8 million
8. **Avatar:** $4 million
9. **Our Family Wedding:** $3.8 million
10. **Remember Me:** $3.3 million

THE ASSOCIATED PRESS

Smith's estate loses fight over inheritance

A federal appeals court ruled Friday that Anna Nicole Smith's estate will get none of the more than US$300 million the late Playboy model claimed a Texas billionaire meant to leave her after he died.

The ruling came in a 15-year legal battle that started in a sleepy Houston probate court and stretched all the way to the U.S Supreme Court.

It initially pitted Smith against the son of J. Howard Marshall over the $1.6 billion estate the oil tycoon left after his 1995 death at age 90. J. Howard Marshall had wed Smith the year before when she was 26.

Marshall's son E. Pierce Marshall died in 2006 and Smith perished after a drug overdose in 2008. Their heirs and lawyers kept up the legal fight that included one ruling awarding Smith $474 million.

Kent Richland, who represents the Smith estate, said he would appeal the latest ruling but hasn't decided whether to ask the appeals court for another hearing or take the case back the U.S. Supreme Court regarding different issues.

Eric Brunstad, a lawyer for Marshall family members, said they hoped the legal fight was over.

"Our only wish would be that Pierce were here to see his vindication," the family said in a prepared statement.

THE ASSOCIATED PRESS

PETER KRAMER/GETTY IMAGES

Anna Nicole Smith's heirs have lost a recent court ruling in the 15-year battle over the $1.6 billion estate of oil tycoon J. Howard Marshall, who married when Smith was 89 and she 26.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/22/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	The Cult (CC)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	CSI: Miami "Dishonor" (N)		CTV News
	-	-	10 JOY	Archaeologist	The Insider	Daily Weekend Edition (CC)		Poltergeist: The Legacy		P3	Diya	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Instant Karma" (CC)		24 Jack leads a risky mission.		Cold Blood (CC)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Dancing With the Stars The contestants perform. (CC)				(:02) Castle (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	How I Met	How I Met	Trauma "13" (N) (CC)		Chuck (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (N) (CC)		Gossip Girl (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami "Dishonor" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck (N) (CC)		Trauma "13" (N) (CC)		Law & Order (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Weston Family"		How Clean Is	Clean	Love It or List It		Love It or List It		Confidential
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars The contestants perform. (CC)		Rainier: The Mountain (CC)		(:02) Castle (N) (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	M*A*S*H	Last Run ★ (2001) Armand Assante, Jürgen Prochnow.				Seinfeld	King	Cold Files
	291	383	27 PBS	Nature Hummingbirds are tiny and tough.				Rainier: The Mountain (CC)		Leonard Cohen Live in London (CC)		
	290	382	23 FOX	Two/Half Men	Two/Half Men	House "Instant Karma" (CC)		24 Jack leads a risky mission.		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Motor City Memories		Change Your Brain, Change Your Life (CC)				Taking Control-Diabetes w/ Dr		Neal Barnard
	296	654	34 SBK	Frasier (CC)	Frasier "Boo!"	The Office	Name Is Earl	South Park	Half & Half	No Back Pain	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	Life Unexpected (N) (CC)		Gossip Girl (N) (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	Future Earth: 2025 (CC)		CBC News: The National (N)		CBC News: The National (N)		Future Earth: 2025 (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	The Rookies	Canucks TV	Hockey	UFC	UFC	MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) Curling 2010 World Women's Championship: Canada vs. China. (Live)					SportsCentre	Motoring 2010 (CC)		SportsCentre
	411	457	49 OLN	Ghost Hunters International		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	(6:15) WWE Monday Night RAW (CC)				(:25) WWE Vintage Collection		WWE Monday Night RAW (CC)		Cabby Unlimit
	417	406	55 SC	NASCAR	What's Deal?	Car Crazy		NASCAR Hub	Fast Track to Fame	Racing Chef	NASCAR	NASCAR
	416	409	144 GLF	(6:00) Fútbol Brasileño		Off the Pitch		Gol TV News	Off the Pitch	Game Cap	Paid Program	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Scorpion	Malcolm-Mid.		Hates Chris	8 Rules	Things I Hate	Family Biz	To Be Indie
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama		6TEEN (CC)	Futurama	King of Hill	American Dad	Futurama
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!		Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby		Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin
	268	354	5 KNO	Recreat. Eden	Landscape	Art of the Heist (CC)			Simon Schama's Power of Art		Invisible City (CC)	
cable variety	575	583	20 CMT	Moonstruck ★★★ (1987, Romance-Comedy) Cher, Nicolas Cage.						Moonstruck ★★★ (1987) Cher, Nicolas Cage.		
	570	580	24 MM	Springbreak.10		UR11		Secret Life of American Teen		America's Best Dance Crew		Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Home to Flip	Bang, Buck	For Rent	Marriage	House
	615	520	31 A&E	Hoarders "Chris and Dale"		Kirstie Alley	Kirstie Alley	(:01) Hoarders "Jake; Shirley"		(:01) Hoarders "Judi and Gail"		(:01) Hoarders
	628	584	32 SPKE	(6:00) TNA Wrestling (CC)		Fastest Police Chases		(:08) DEA "Deep Cover"		CSI: Crime Scene Invstgtn.		Mysteries
	521	560	34 TLC	Cake Boss	Cake Boss	Ultimate Cake Off Ballet cake.		Ultimate Cake Off (CC)		Cake Boss	Cake Boss	Quint Surprise
	616	522	39 SHO	Relic Hunter (CC)		Cleaverville (2007, Suspense) Ever Carradine. (CC)				Bones (CC)		NCIS (CC)
	620	523	40 BVO	J. Cash	Garrett Mason	Law & Order "Barter" (CC)		Without a Trace (CC)		Johnny Cash Live In Montreux (CC)		
	601	562	41 SLC	Love Inc.	Love Inc.	ET Canada	Whatever	Real Housewives of New York		Real Housewives, Orange		Runway
	520	505	42 DIS	Motor City Motors "Festevil"		Daily Planet (CC)		MythBusters (CC)		Motor City Motors "Festevil"		Dirty Jobs
	522	506	44 HIS	Black Hawk Down		Greatest Tank Battles (CC)		Lost Worlds "The Seven Wonders" Seven Wonders. (CC)				Tank Battles
	627	528	45 SPC	(6:00) Battlestar Galactica		Stormworld	Stargate SG-1	"Allegiance"	Star Trek: Next Generation		Star Trek: Voyager (CC)	
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Re-Vamped Sore and tired.		Wipeout (N) (CC)		Wipeout (N) (CC)		Parking Wars	Parking Wars	Prod. Parker
	603	561	52 FN	Pitchin' In	Glutton	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Kitchen Nightmares "Bazzini"		Pitchin' In
	-	-	53 AMC	Lara Croft-Life		(:45) Enter the Dragon ★★★ (1973, Adventure) Bruce Lee, John Saxon. (CC)				(:15) Kelly's Heroes ★★★ (1970, War) (CC)		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	John Oliver's Stand-Up Show		Daily Show
	320	621	60 CEN	(6:25) Just Buried (2007) (CC)		Spartacus: Blood and Sand		Nurse Jackie	U.S. of Tara	Wild Things	My Bloody Valentine ★★	
	581	566	101 MTV	My Life as Liz	Super Sweet	MTV Live	Sex News	Spring Break Challenges		My Life as Liz	Super Sweet	MTV Live
	261	394	102 V	Naked	Naked	Archaeologist	Archaeologist	Archaeologist	Archaeologist	Naked	Naked	Archaeologist
	-	-	105 MUL	My Queen	Immortal	Lying Low		Simply the	Pinoy Buzz	Orient	News	Patrol World

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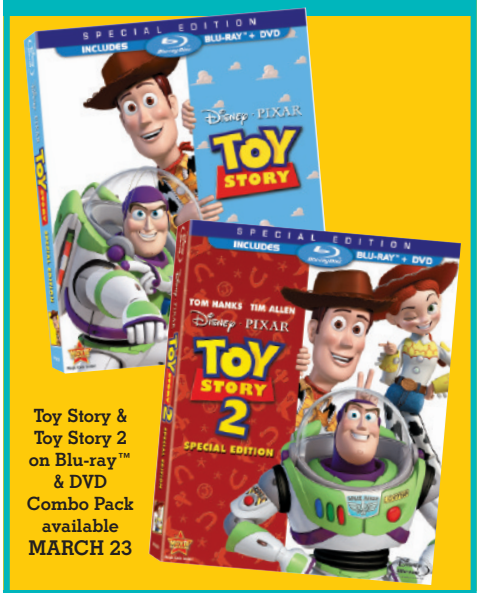

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Star surgery
Star Jones underwent cardiac surgery Wednesday, which was related to a rarely-performed surgery she had three decades ago after developing a thoracic tumor, people.com reports. METRO WORLD NEWS

Celebrity Buzz

Proof is in the pudding

OR, IN THIS CASE, THE LEVELS OF PROPOFOL IN HIS BLOOD Dr. Conrad Murray failed to tell paramedics he had given Michael Jackson Propofol, femalefirst.co.uk is alleging.

Documents from the official ambulance report, which was filled out by medics on the June 25 last year — the day the pop star died from cardiac arrest, caused by "acute Propofol intoxication" — have been released, and state that Jackson's personal physician didn't mention he administered the anaesthetic shortly before his passing.

A family friend told the News of the World newspaper: "This is the clearest suggestion yet that Murray misled the paramedics. Why didn't he tell them about the Propofol? We are sick at what this report indicates."

Murray was charged with involuntary manslaughter over the late singer's death earlier this year. He has pleaded not guilty.

The notes written by the paramedics state they quizzed Murray about what medications Jackson was on.

However, Murray told them the late King of Pop had only taken the sedative Lorazepam and fluids to rehydrate him after he complained of being exhausted following a sleepless night.

METRO NEWS SERVICES

From the mouth of babes

SILLY 13-YEAR-GIRLS HAVING TOTALLY UNREALISTIC ALL-CONSUMING CRUSHES ON BOYS THEY'VE NEVER MET ... I LOVE YOU NATHAN FILLION! Ahhh, the perils of fame.

You're only 16, received a new car for a birthday present, and are adored by fans all over the world.

Such is life for singing sensation Justin Bieber, people.com muses.

In London to promote his new single Baby and album My World 2.0, the singer appeared on GMTV, where he answered questions from fans about everything from the first song he learned (Row, Row, Row Your Boat) to his love life.

Bieber revealed he's been asked to get hitched "a bunch of times," and even though he may not be walking down the aisle anytime soon, his fans — many of whom were waiting for him at the TV studios — still have a chance of landing a date with the young hunk.

Asked if he would go out with one of them, he said, "I think that it just depends — it depends what the situation is. I think that I'm not going to limit myself."

METRO WORLD NEWS

Jesse James the Outlaw

OK, NOT REALLY, BUT HE DID STEAL SANDRA'S HEART AND THEN BREAK IT INTO TINY LITTLE PIECES While not excusing his alleged behaviour, sources say Jesse James has long been "heavily targeted and pursued by women," according to People magazine.

"Those girls throw themselves at him."

James released a statement late last week apologizing to Sandra Bullock while also calling most of the allegations of his infidelity "untrue and unfounded."

He went on to say, "There is only one person to blame for this whole situation, and that is me. It's because of my poor judgment that I deserve everything bad that is coming my way.

"This has caused my wife and kids pain and embarrassment beyond comprehension and I am extremely saddened to have brought this on them."

METRO WORLD NEWS

Going gaga over lawsuits

AND COO-COO OVER CONTRACTS Lady Gaga is responding to a $30 million US lawsuit from ex-producer Rob Fusari with a suit of her own, according to the New York Daily News.

Fusari claims he came up with the singer's name and persona and co-wrote many of her hit songs.

Gaga's lawyers counter that the contract between them was invalid because Fusari was not a licensed talent agent, and they say his actions were "predatory and financially abusive."

Fusari's lawyer calls the new suit ludicrous.

"Rob was no more of an 'agent' for her than she is a Roman Catholic nun," he tells the newspaper.

METRO WORLD NEWS

A Lohan lock out?

THE HIGHER THEY COME, THE HARDER THEY FALL Lindsay Lohan's efforts for a BBC documentary may end up getting her banned from India, according to the Daily Mail. By Tweeting about her work on the production, she alerted Indian officials to the fact that she was working in the country while there on a tourist visa.

Sources say she could be barred from entering the country in the future, according to the newspaper.

She's also been having trouble entering L.A. nightclubs; Lohan was left waiting outside new hotspot Trousdale recently, which prompted her to post on Twitter: "I've never been treated so poorly in my life."

METRO WORLD NEWS

GETTY IMAGES

Another name, another pill

RAMPANT PLASTIC SURGERIES, WEIGHT-GAIN OBSESSIONS, PREVALENT PILL POPPING ... LIVING IN L.A. — IT'S WHAT EVERY LITTLE GIRL DREAMS OF More details are coming to light about the extent of Brittany Murphy's prescription drug intake.

Murphy was receiving 200 pills a month from a Los Angeles pharmacy, including prescriptions for painkiller Vicodin and anti-anxiety drug Klonopin, according to TMZ.

Some months, twice that amount would be delivered to Murphy, who had the medication prescribed to an alias, "Lola Manilow Murphy."

The owner of the pharmacy claims they cut Murphy off four months before her death because "we thought there was going to be an accident there," according to the website.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

CONAN O'BRIEN celebrates small victories, **JUSTIN BIEBER** isn't giving up that easily, **TYRA BANKS** is tired, and **NATHAN FILLION** is offering himself as an alternative.

@ConanOBrien
Sweet victory! I'm now trending higher than my twitter nemesis, Justin Bieber. Who's the tween heartthrob now?

@justinbieber
@conanobrien ur chess moves r savvy...but in the end I will take your queen...it's begun my friend...oh it has begun (evil laugh place here)

@tyrabanks
My butt was awake til past 4am last night and now I can hardly keep my eyes open. Smizing is nearly impossible right now.

@NathanFillion
Dear Sandra Bulloch, I am currently single, and terribly loyal. When you're ready. Nathanhappier place.

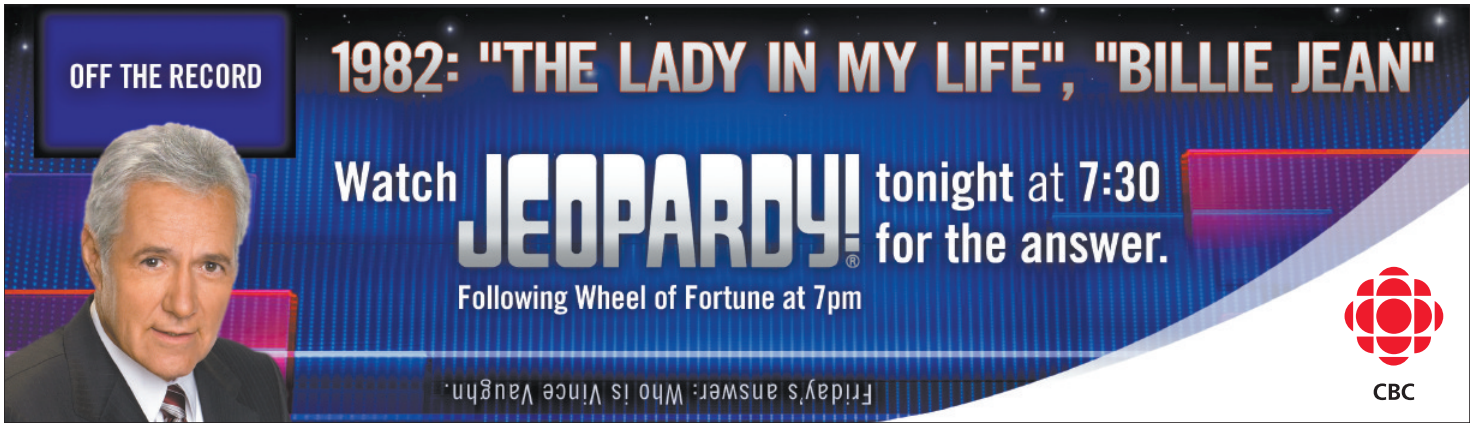
METRO NEWS SERVICES

It's not me, it's you

THE INDUSTRY HAS UNREALISTIC EXPECTATIONS? YOU DON'T SAY Kirstie Alley remembers auditioning for Fatal Attraction and being told she was overweight, according to Popeater. "When I went in to meet with Adrian Lyne, I weighed about 125. He told me to go home, lose at least 10 pounds and he wanted to see me in two weeks. I got down to 114," she says, though she still didn't get the role.

"The industry is psychotic."

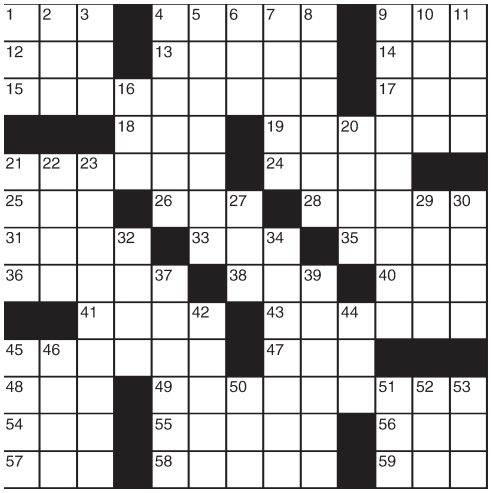
METRO WORLD NEWS


OFF THE RECORD
1982: "THE LADY IN MY LIFE", "BILLIE JEAN"
Watch JEOPARDY! tonight at 7:30 for the answer.
Following Wheel of Fortune at 7pm
Friday's answer: Who is Vince Vaughn.
CBC

The Weather Network ©The Weather Network 2010
Today Partly cloudy 40% 11°/6°
Tuesday Showers 40% 8°/5°
Wednesday Partly sunny 11°/7°
You have voted us #1 for best forecasts on TV. Thank you Canada!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Switch position
4 Big name in early 1900s newsreels
9 Secret agent
12 Chum
13 "Ghosts" playwright
14 Sine — non
15 Wastes
17 Baseball arbiter
18 Brazilian city, familiarly
19 Upper-arm muscles
21 Standard usage
24 — gin fizz
25 Lawyer's abbr.
26 Fresh
28 Symbol of America
31 God (Latin)
33 "To be or — ..."
35 Abound
36 Figure of speech
38 Charlotte's creation
40 Water (Fr.)
41 Fox series about high school singers
43 Necklace features
45 Conestogas, e.g.
47 Cadence call syllable
48 Under the weather
49 Oak denizens
54 Payable
55 Good doctor
56 Pomeranian's perch, perhaps
57 Type squares
58 "Give me liberty ..." speaker
59 Biz deg.

DOWN

1 Chances, for short
2 Oft-read Web page
3 Winter ailment
4 Wing
5 Tummy
6 Mao — -tung
7 KFC additives
8 Store grain
9 Window wipers
10 Shoe style
11 Shrill barks
16 Illustrations
20 Outer attire
21 100 pesewas, in Ghana
22 Secondhand
23 Curlicues
27 "Holy mackerel!"
29 Jump
30 Ostriches' kin
32 Unaccompanied
34 More computer savvy
37 Honorable guy
39 Unclear
42 Suffix akin to "-ish"
44 Spring mo.
45 Broad
46 Astringent
50 Coffee vessel
51 Shade provider
52 Science workshop
53 Hot tub

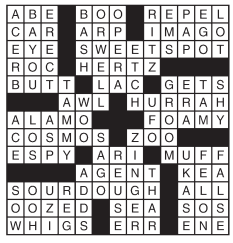
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6				9		
	5		9		7		4	
4	7						8	1
		3	4		2	8		
5								7
		2	1		5	6		
6	3						1	8
	9		6		8		5	
		8				3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

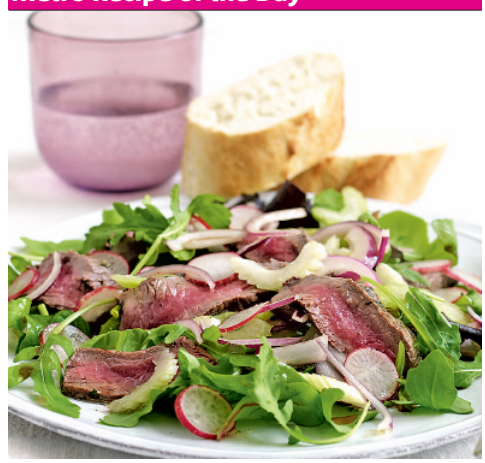


9	4	3	2	5	6	7	1	8
1	7	2	9	8	4	5	6	3
8	6	5	3	1	7	4	9	2
6	5	4	7	3	8	1	2	9
2	3	8	1	4	9	6	5	7
7	9	1	5	6	2	3	8	4
4	2	7	6	9	1	8	3	5
3	8	6	4	2	5	9	7	1
5	1	9	8	7	3	2	4	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Beef Salad

INGREDIENTS:

1/2 tsp salt
1 small red onion, halved and thinly sliced
100 g radishes, sliced
1 thick-cut lean rump steak, trimmed of fat
1 tbsp olive oil
1/4 tsp dried mixed herbs
2 tbsp walnut oil
1 tbsp balsamic vinegar
4 celery stalks, sliced on diagonal
125 g bag of mixed lettuce leaves

METHOD:

1. Stir salt into bowl of cold water until dissolved. Add onion and radish slices and leave to soak while cooking steak.

2. Heat nonstick frying pan until hot. Pat steak dry with paper towel. Rub steak on both sides with 2 tsp of olive oil, then season with herbs and some black pepper. Cook steak for 2 1/2–3 1/2 minutes per side. Transfer steak to board and leave to rest.

3. Whisk remaining olive oil, walnut oil and vinegar together. Cut steak into slices about 1/4 in. thick. Pour collected juices into dressing.

4. Drain onion and radishes well, put into large bowl; add dressing with celery and beef. Gently toss. Divide salad among four plates, then spoon over beef mixture. Serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Choose an approach and stick with it. If you muddle up your options the outcome will be confused, but if you act decisively you will get results.

TAURUS ♉
APRIL 21-MAY 21
Make a detailed plan for the week ahead. Set yourself targets that are difficult but not impossible. You need to be challenged.

GEMINI ♊
MAY 22-JUNE 21
Do something daring today the more others tell you to take it easy the more you will do the opposite. And why not? Excitement is your middle name.

CANCER ♋
JUNE 22-JULY 22
The harder you push yourself the more you will achieve. This is not the right time to take things easy. This is not the right time for a rest.

LEO ♌
JULY 23-AUG 23
Make something old look new again today. It is part of your skill to make even the most jaded of things look fresh, and that applies to relationships.

VIRGO ♍
AUG 24-SEPT 22
If you ask the same old questions you will, inevitably, get the same old answers. You need to adopt a more adventurous approach today.

LIBRA ♎
SEPT 23-OCT 23
Trying to conform to the way other people would like you to be is a pointless exercise. Be yourself if you want to be happy.

SCORPIO ♏
OCT 24-NOV 22
It may seem as if every negative event is in some way personal but that's highly unlikely. Sometimes you can be too touchy for your own good.

SAGITTARIUS ♐
NOV 23-DEC 21
You are in one of your get organized moods today and you know from experience it won't last long, so make use of it while you can.

CAPRICORN ♑
DEC 22-JAN 20
You still seem to be worrying that you are not quite good enough to compete at the highest level. That's rubbish. You are better than your rivals.

AQUARIUS ♒
JAN 21-FEB 18
If you have been thinking about travelling abroad or maybe even moving from your present environment, now is the time to get serious about it.

PISCES ♓
FEB 19-MARCH 20
Start the week in a positive frame of mind. The world is what you make of it. Imagine everything is perfect — and it will be.

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This day in history

1894: The first playoff game for the Stanley Cup starts.
1916: The last Emperor of China, Yuan Shikai, abdicates the throne and the Republic of China is restored.
1923: The first radio broadcast of ice hockey is made by Foster Hewitt.
1933: U.S. President Franklin Delano Roosevelt signs into law a bill legalizing the sale of beer and wine. Prohibition would end nine months later.
1993: The Intel Corporation ships the first Pentium chips (80586), featuring a 60 MHz clock speed, 100+ MIPS, and a 64 bit data path.

METRO NEWS SERVICES

Introducing 16 apps that need no introduction.

Nike Master Control
Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's
Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey
Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis
Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney
Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada
Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films
Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO
Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face
Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris
Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

eBay
Free • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

CBC Radio
Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

Scotiabank
Free • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

Facebook
Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

BMW
Free • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

ESPN
Free • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.

It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face.
There are over 140,000 apps for just about anything, only on the iPhone.

Bell | iPhone 3G S

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